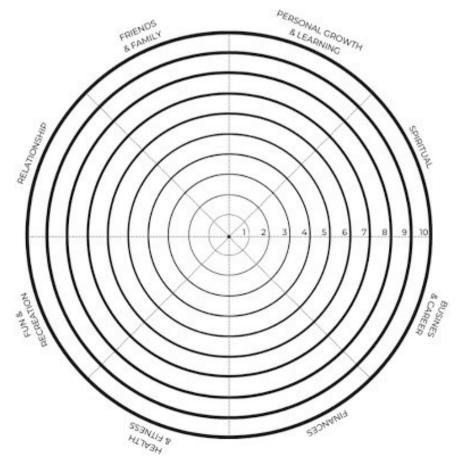
# Wheel of Life Self-Assessment

The Wheel of Life highlights the 8 major parts of our lives. If one part is wonky, it impacts all the others and your LifeWheel can't move forward smoothly. Rank each part of your life from 0-10 by colouring in the band. 10/10 means nothing more to do, its going 100% and 1/10 meaning it needs a LOT of change. We'll assess the results, identify which areas are out of alignment and change them to get you moving forward freely and easily.





#### Personal Growth & Learning

Are you a life-long learner, continually striving to be the best version of yourself?

#### Finances

Are you financially comfortable & on track to achieving your financial goals?

## **Relationship**

Do you currently have a fulfilling relationship/s? Are your emotional needs being met?

# **Business & Career**

Do you love what you do? Are you on track to achieving your business and career goals?



# **Fun & Recreation**

Can you relax and enjoy down time? How important is this to you?

# Friends & Family

Are your relationships with family and friends fulfilling and valuable to you?



#### **Spiritual**

How often do you stop and connect to why you're here? What's your purpose is?

### **Health & Fitness**

You only have one body to live in? How much are you taking care of it?